STEP 1 - Wall Push-Ups

STEP 2 - Incline Push-Ups

STEP 3 - Kneeling Push-Ups

STEP 4 - Half Push-Ups

STEP 5 - Full Push-Ups

















Fit. 81



STEP 6 - Close Push-Ups

STEP 7 - Uneven Push-Ups STEP 8 - 1/4 One-Arm Push-Ups

STEP 9 - Lever Push-Ups

STEP 10 - One-Arm Push-Ups



















#	PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall	1e10	2n25	3850
2	Incline	7x10	2x20	3x40
3	Kneeling	1×10	2x15	3x30
4	Half	1x8	2x12	2x25
5	Full	185	2x10	2x20
7	Close	1×5	2x10	2x20
7	Uneven	145	2x10	2x20
8	⅓One-Arm	1×5	2×10	2×20
9	Lever	1x5	2x10	2x20
10	One-Arm Push-Up	195	2x10	1/100

STEP 2 - Jackknife Squats

STEP 3 - Supported Squats

STEP 4 - Half Squats

STEP 5 - Full Squats

















Free 261

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STEP 6 - Close Squats

STEP 7 - Uneven Squats

STEP 8 - 1/2 One-Leg Squats

STEP 9 - Assisted One-Leg Squats

STEP 10 - One-Leg Squats



















Fig. 1862 Supply apply table his how of one bigs of year regarding his protection action for all 5.

#	SQUATS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Shoulderstand	1610	2н25	3н50
2	Jackknife	1x10	2x20	3x40
3	Supported.	1810	2x15	3x30
4	Half	1x8	2x35	2x50
5	Full	1x5	2×10	.2x30
6	Close	1x5	2x10	2x20
7	Uneven	1x5	2x10	2x20
8	% One-Leg	1 _H 5	2a10	2H20
9	Assisted One-Leg	1x5	2×10	2x20
10	One-Leg Squat	1×5	2x10	2x50

2 - Horizontal Pulls

3 - Jackknife Pulls

4 - Half Pull-Ups

5 - Full Pull-Ups





















6 - Close Pull-Ups

7 - Uneven Pull-Ups

8 - 1/2 One-Arm Pull-Ups

9 - Assisted Pull-Ups

10 - One-Arm Pull-Ups





















PULL-UPS	BEGINNER	INTERMEDIATE	PROGRESSION	1
Vertical Pulls	1x10	2н20	3:40	1
Horizontal Puls	1810	2×20	3x30	
Jackknile Puls	1×10	2x15	3x20	1
Half	198	2×11	2x15	
Full	1x5	2x8	2x10	1
Close	1x5	2x8	2:10	
Uneven	1x5	2x7	2x9	1
¼ One−Arm	1×4	2x6	2x8	
Assisted	1x3	2x5	2x7	
One-ArmPull-Up	1x1	2x3	2x6	
	Vertical Pulls Horizontal Pulls Jackknile Pulls Half Full Close Uneven Assisted	Vertical Pulls 1x10 Horizontal Puls 1x10 Jackknile Puls 1x10 Half 1x8 Full 1x5 Close 1x5 Uneven 1x5 ½ One-Arm 1x4 Assisted 1x3	Vertical Pulls 1k10 2k20 Horizontal Puls 1k10 2k20 Jackknile Puls 1k10 2k15 Half 1k8 2k11 Full 1k5 2k8 Close 1k5 2k8 Uneven 1k5 2k7 ½ One-Arm 1k4 2k6 Assisted 1k3 2k5	Vertical Pulls 1x10 2x20 3x40 Horizontal Puls 1x10 2x20 3x30 Jackknile Puls 1x10 2x15 3x20 Half 1x8 2x11 2x15 Full 1x5 2x8 2x10 Close 1x5 2x8 2x10 Uneven 1x5 2x7 2x9 1x One-Arm 1x4 2x6 2x8 Absisted 1x3 2x5 2x7

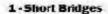




Fig. 84:

2 · Straight Bridges





3 - Angled Bridges





4 - Head Bridges





5 - Half Bridges





6 - Full Bridges



7 - Wall Walking (Down)



8 - Wall Walking (Up)





9 - Closing Bridges

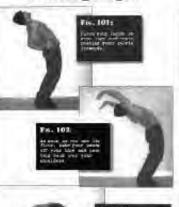




Fig. 193: Send pro the 1s 25; May the system of the cold Pur pear the parties of the first

10 - Stand-To-Stand Bridges





#	BRIDGES	BEGINNER	INTERMEDIATE	PROGRESSION
1	Short	1×10	2x25	3x50
2	Straight	1×10	2×20	3x40
3	Angled	1x8	2815	3x30
4	Head	1x8	2x15	2x25
5	Half	168	2u15	2420
6	Full	1x6	2x10	2x15
7	Wall Walking (Down)	1x3	2x6	2x10
8	Wall Walking (Up)	1x2	2x4	2x8
9	Closing	1s1	2x3	2x6.
10	Stand-To-StandBridge	181	2x3	2x10-30

1 - Knee Tucks



2 · Flat Knee Raises

Send that about pur than their are at



3 - Flat Bent Leg Raises



4 - Flat Frog Raises

5 - Flat Straight Leg Raises

Printed has also on build all the part to be form











rec. 49. count may see to that of secured the time

6 - Hanging Knee Raises





7 - Hanging Bent Leg Raises





8 - Hanging Frog Raises



9 - Partial Straight Leg Raises





10 · Hanging Straight Leg Raises





			A. Carrier and Car	
#	LEG PAISES	BEGINNER	INTERNEDIATE	PROGRESSION
4	Kree Tucks	1x10	2x25	3x40
2	Flat Knee Raises	1x10	2x20	3н35
3	Flat Bent Leg Raises	1×10	2x15	3x30
4	Flat Frog Raises	1x8	2x15	3x25
5	Flat Straight Leg Raises	1x5	2×10	2x20
6	Hanging Knee Raises	185	2:10	2x15
7	Hanging Bent Leg Raises	185	2x10	2x15
8	Hanging Frog Raises	185	2x10	2x15
9	Partial Straight Leg Raises	1x5	2x10	2x15
10	Hanging Straight Leg Raises	185	2×10	2×30

1 - Wall Headstands



Tiu. 100:

2 - Crow Stands

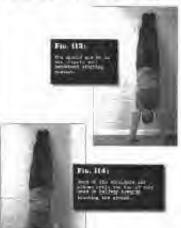


3 · Wall Handstands





4 · Half Handstand Push-Ups



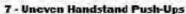
5 · Handstand Push-Ups



6 · Close Handstand Push-Ups

8 - 1/2 One-Arm Handstand Push-Ups

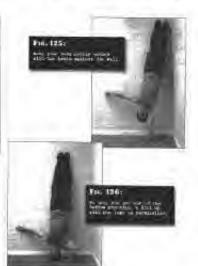
9 - Lever Handstand Push-Ups











10 - One-Arm Handstand Push-Ups

#	HANDSTAND PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall Headstands	30 sec.	1min.	2 min.
2	Crow Stands	10 sec.	30 sec.	1min.
3.	Wall Handstands	30 sec.	1min.	2 min.
4	Half Handstand Push-Ups	1x5	2x10	2x20
5	Handstand Pushups	145	2x10	2x15
6	Close	1x5	2x9	2x12
7	Uneven	1x5	2x6	2x10
В	⅓ One-Arm	1s4	296	248
9	Lever	1x3	2×4	246
10	One-Arm Handstand Push-Up	181	2x2	1x5